## ABSTRACT

The invention allows an image printing on a wide range of print media regardless of how much ink the print media absorb, without sacrificing a high printing flexibility of an ink jet printing system. To this end, the image forming method of this invention includes: a process of modifying a surface of an intermediate transfer body by applying energy to the surface; a process of ejecting ink onto the surface-modified 10 intermediate transfer body by using an ink jet printing device; and a process of transferring ink from the intermediate transfer body to a print medium. With this invention, therefore, an ink image can be formed on the 15 intermediate transfer body having a surface layer, without causing bleeding or beading, and then transferred onto the print medium in good condition.